

# February 2019

## Group Exercise, Excel Tae Kwon Do, and Pickleball

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

**Group Exercise trial week for Session II—try any class for free March 4–10. This session runs through April 28. Class does not meet March 11–17.**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6 a.m.</b>			Boot Camp— <i>NEW SESSION!</i>		Boot Camp— <i>NEW SESSION!</i>		
<b>8:30 a.m.</b>			SilverSneakers Circuit		SilverSneakers Circuit		
<b>9 a.m.</b>							Trekking Yoga Core
<b>9:30 a.m.</b>		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		
<b>10:30 a.m.</b>		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		
<b>noon</b>			ZUMBA Gold— <i>NEW DAY!</i>		ZUMBA Gold— <i>NEW DAY!</i>	Beginning Yoga	
<b>5:30 p.m.</b>		Power Yoga— <i>NEW!</i> Cardio Kickboxing	Yoga Stretch	Body Blast Yoga Core— <i>NEW DAY!</i>			
<b>6:45 p.m.</b>		ZUMBA	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA		

### ADDITIONAL ACTIVITIES

## EXCEL TAE KWON DO



This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

**Beginner • 150212-C**  
Tuesdays and Thursdays, 5:30–6:30 p.m.

**Advanced • 150212-D**  
Tuesdays, 6:45–7:45 p.m.  
and Thursdays, 5:30–6:30 p.m.

**March 5–April 25**  
**\$65 • Register by 3/10 • For all ages.**

## Pickleball

M, W, F • 9:30 a.m.–1 p.m.  
Court 4

TLRC membership or purchase of a daily admission pass is required to participate.



1700 W. Bloomfield Rd.  
812-349-3720

**Hours:**  
Mon.–Fri.: 6 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.



**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

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The lower level is open for scheduled programming and rentals only.  
Members may request use of the lower level at the front desk.

FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

## ADDITIONAL ACTIVITIES

### Legal Counseling

*Legal Counseling is cancelled for February, but will resume in March.*



Thursday,  
March 14  
11 a.m.–3 p.m.  
\$3/person

Spring is coming! Time to fling off the winter blues and get active! Keep the entire family active during spring break at the Spring Fling.

Zorb Ball • Yoga • Jumbo games of Jenga, Connect Four, Kerplunk, and Dominoes • Imagination Playground • obstacle course aerial silks demo • and more lively games and activities!

### Insurance-based Membership Options

The TLRC is a participating fitness facility with the following options. If you would like more information, ask at the front desk or call 812-349-3720.



[activeandfit.com](http://activeandfit.com)



[silversneakers.com](http://silversneakers.com)



[silverandfit.com](http://silverandfit.com)

**FitnessCoach**

[www.fitnesscoach.com](http://www.fitnesscoach.com)

**NEW!**



[myrenewactive.com](http://myrenewactive.com)

**NEW!**



**TWIN LAKES  
RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

1700 W. Bloomfield Rd.  
812-349-3720

### Hours:

Mon.–Fri.: 6 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.



btownparks



Twin Lakes  
Recreation Center

[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)